

Pneumococcal Vaccine

This vaccine is provided free of charge to anyone 65 years of age and older. Needed once in a lifetime only, and is available all year, don't wait until Fall. Call the numbers listed below for more information.

Esquimalt 250-519-5311

530 Fraser Street

Peninsula 250-544-2400

2170 Mt. Newton X Road

Saanich 250-519-5100

3995 Quadra Street

Salt Spring Island 250-538-4880

1-137 Crofton Road

Sooke 250-642-5464

104-6672 Wadams Way

Victoria 250-388-2200

1947 Cook Street

Westshore..... 250-519-3490

345 Wale Road

Seniors' Services

Island Health (South)

Referrals to Seniors' Services need to be made by a physician. The Seniors program provides interdisciplinary services to frail seniors with complex medical needs. Outpatient Clinics at the Memorial Pavilion, Royal Jubilee Hospital, and the Peninsula Health Unit offer comprehensive assessments and short term treatment programs.

Victoria Hospice 250-370-8715

3rd Floor, Richmond Pavilion

1952 Bay Street

Victoria, BC V8R 1J8

Provides end-of-life care focused on palliative treatment.

www.victoriahospice.org



Home Help

Agencies providing services to assist people to live independently in their homes.

Better at Home

The Better at Home program is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. It offers specific non-medical services to seniors 65 + who are living independently. Fees may be charged on a sliding scale based on household income.

Esquimalt 250-385-2635 ext. 201

Langford, Colwood 778-677-3540

Metchosin 250-478-5150

Saanich 250-595-8008

Saanich Peninsula 250-656-5537

Salt Spring Island 250-537-4607

Victoria & Oak Bay .. 250-388-7844 ext. 334

Companion Services

Companion Services 250-477-7755

www.companionservices.ca

See advertisement on page 56.

Wendy's Support Services 250-216-6927

www.wendysupportservice.ca

Home Support Services Live In

International Nannies
& Homecare 1-800-820-8308
www.internationalnannies.com

Surework Solutions 250-361-2028
www.sureworksolutions.com

See advertisement on page 60.

Home Support Services Private Pay

Allman Home Care
Services Inc. 250-642-3411
Western Communities and Sooke only.
www.allmanhomecare.com

Alpha Home Health
Care Ltd..... 250-383-4423
www.alphahomehealthcare.ca

Bayshore Home Health
Sidney 778-749-0014
Victoria 250-370-2253
www.bayshore.ca

See advertisement on page 58.

Care and Company Ltd 250-382-2328
www.seniorcarevictoria.ca

See advertisement on page 61.

Classic LifeCare 250-412-0214
www.classiclifecare.com

Comfort Keepers
Victoria 778-265-5999
www.victoria.comfortkeepers.ca

Harmony Health
Care Ltd..... 250-475-2772
www.harmonyhealthcare.ca

Helping Hands
Home Support 250-881-0118
www.helpinghandspss.ca

See advertisement on page 58.

Home Instead
Senior Care..... 250-382-6565
www.homeinstead.com

See advertisement on page 62.

Luxcare Senior Care 250-590-1689
www.luxcarelifestyle.com

See advertisement on page 56.

MaryCare Support
Services Ltd..... 250-479-1861
www.marycare.ca

Nurse Next Door
Esquimalt, Western Communities
& Sooke 250-590-6141
Saanich & Sidney 250-665-4535
Victoria 250-590-5519
www.nursenextdoor.com

See advertisement on inside back cover.

Oak Bay SENIORCARE..... 778-433-4784
www.oakbayseniorcare.ca

See advertisement on page 57.

Qualicare South Island 250-220-0189
www.qualicare.com

Retire at Home..... 250-412-1437
www.retireathomevictoria.com

See advertisement on page 63.

St. Elizabeth 250-385-0444
www.saintelizabeth.com

See advertisement on page 65.

Serenity Home Care Ltd 250-590-8098
www.serenityhomecare.ca

Sidney SENIORCARE 250-656-7176
www.sidneyseniorcare.ca

See advertisement on page 57.

Super Services
for Seniors 250-592-0029
www.superservicesforseniors.com

See advertisement on pages 59 and 64.

We Care Home
Health Services 250-389-0202
www.wecare.ca

See advertisement on page 66.

Wilkes Pacific
Enterprises 250-360-8599
www.wilpac.ca

TIP!

Phone **Seniors Serving Seniors** office at **250-382-4331** for names of individuals who provide fee-based services such as housecleaning, home support, companionship, mobile optical services, mobile massage services, in home bathing services, manicures and in-home hair care.

Home Support Services Subsidized

Island Health (South)

Individuals with a high level of need for personal care such as bathing, dressing, toileting, and medication administration will be eligible for subsidized home support through an approved Home Support Agency. The agency is contracted by the Island Health (South) and participates in an ongoing Quality Assurance Program and adheres to provincial standards. Phone the Island Health (South) Home and Community Care **General Enquiry Line at 250-388-2273** to ask about eligibility.

Beacon Community Services 250-658-6407

2723 Quadra Street
Victoria, BC V8T 4E5

Provides home support services for Island Health (South).

www.beaconcs.ca

Mobile Foot Care

South Island Nursing Footcare Associates (SINFA) 250-413-3128

SINFA is a group of RNs and LPNs with post graduate training in foot care, who each manage a private practice. Together, members maintain a web site and phone line to provide the public with easy access to a foot care nurse. A SINFA nurse provides non-invasive foot care during a friendly visit to your home. Members serve all areas of greater Victoria, Malahat, Mill Bay, Duncan and Cowichan. Nursing foot care is a recognized medical expense by Veterans Affairs and Revenue Canada. For more information, visit our web site or leave a phone message and a nurse in your area will return your call.

www.sinfa.ca

Student Employment Services

Beacon Community Services Youth Employment Program 250-656-5537

High school students between the ages of 14 to 18 help with yard and garden maintenance, pet care, household painting, indoor cleaning, moving or packing and odd jobs at a reasonable cost. The program is monitored by BCS and serves residents of the Saanich Peninsula.

www.beaconcs.ca

Camosun College Student Employment Services 250-370-4181

Offers free job posting service - phone in or email the posting by visiting the website.

www.camosun.ca

University of Victoria Casual Job Board 250-721-8421

Student Employment Centre offers help with computer assistance, yard work, cleaning, shopping, social activities, gardening, household maintenance, odd jobs and pet care. Minimum wage per hour and minimum 2 hour visit.

Volunteers Who Assist People to Live Independently

Volunteers help with services that may include driving to medical appointments or social activities, income tax returns, odd jobs, gardening, good day/reassurance phone calls, visiting, shopping, walking, dog walking, legal and financial information, filling out forms, reading and correspondence, and recreation.

Beacon Community Services (Sidney)..... 250-656-5537
www.beaconcs.ca

Capital City (Victoria) Volunteers 250-388-7844
www.capitalcityvolunteers.org

Esquimalt Volunteers..... 250-412-8556
www.esquimalt.ca

James Bay Community Project..... 250-388-7844
www.jbcp.bc.ca

Oak Bay Volunteer Services..... 250-595-1034
www.oakbayvolunteers.bc.ca

Pender Island Community Support 250-629-3346

Saanich Volunteer Services..... 250-595-8008
www.saanichvolunteers.org

Salt Spring Community Services..... 250-537-4607